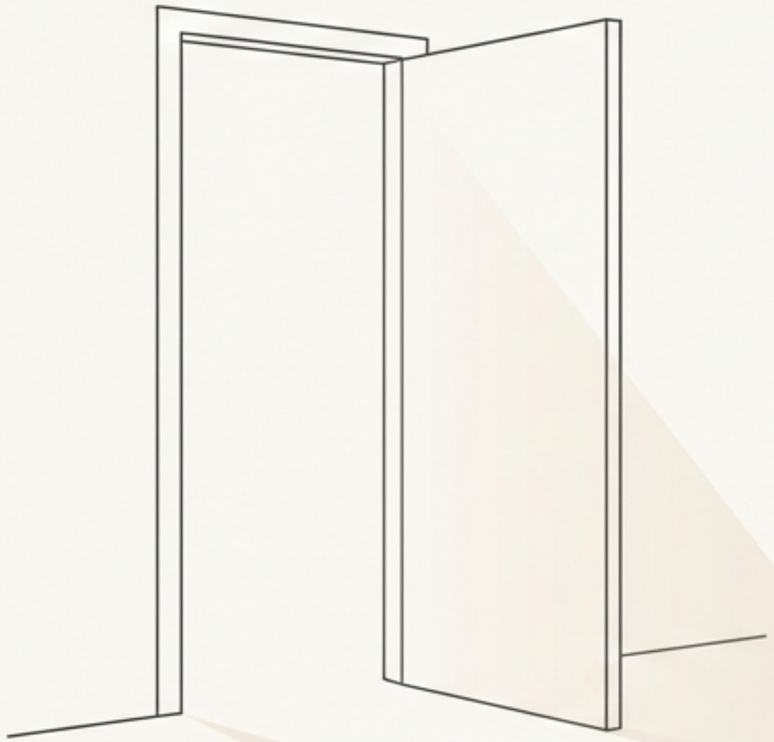
The Mirror of the Mind

A Timeless Guide to Self-Reflection

Based on the Anumānasutta (Middle Discourses 15)

NotebookLM



“Suppose a mendicant invites other mendicants to admonish them…”

NotebookLM

Some are “Hard to Admonish.”

Impatient
Don't take instruction respectfully.

NotebookLM

The Blemishes That Obscure

Ego

Glorifying self, putting others down. Obstinate and arrogant. Attached to their own views.

Anger

Irritable, overcome by anger. Stubborn. Blurt out harsh words.

Defensiveness

Object to the accuser. Rebuke the accuser. Dodge the issue and distract.

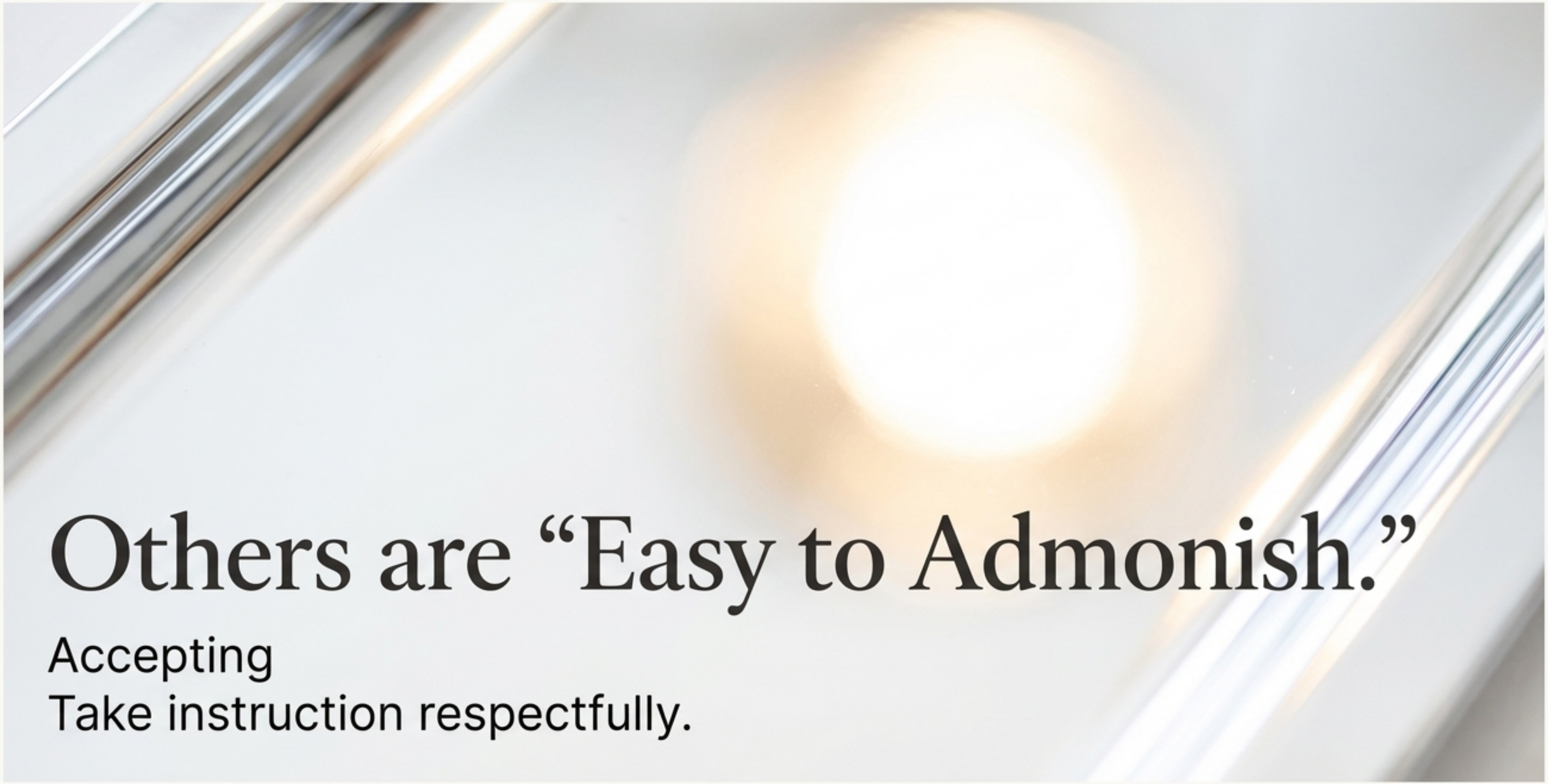
Deceit

Devious and deceitful. Jealous and stingy. Offensive and contemptuous.

NotebookLM

Their spiritual companions don’t think it’s worth advising and instructing them... and that individual doesn’t gain their trust.”

NotebookLM

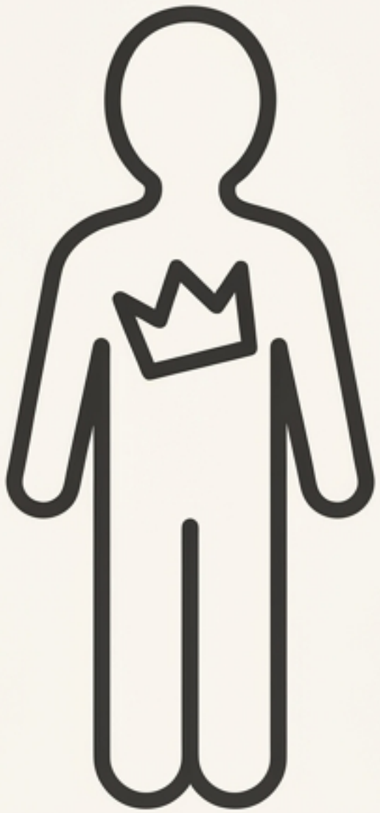

Others are “Easy to Admonish.”
Accepting
Take instruction respectfully.

NotebookLM

In such a case, a mendicant should measure themselves like this...

NotebookLM

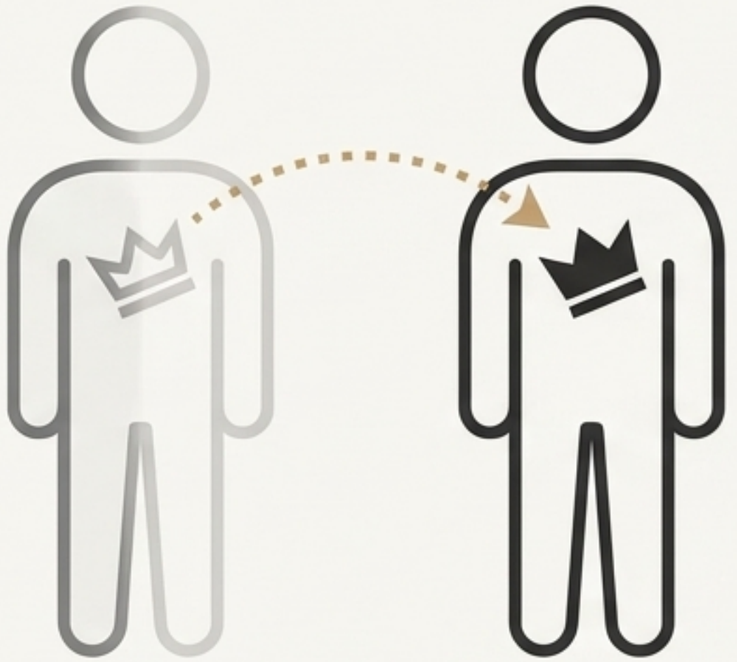
Step 1: OBSERVE



This individual has a quality... I don’t like or approve of this individual.

NotebookLM

Step 2: REFLECT



If I had this quality, others wouldn’t like or approve of me.

NotebookLM

Step 3: RESOLVE

A mendicant who knows this should... make an effort to give up those bad, unskillful qualities.

NotebookLM

The Final Analogy: The Mirror Check

"Suppose a woman or man...
checks their own reflection
in a clean bright mirror
or a clear bowl of water."

NotebookLM

If a blemish is seen...

They’d try to remove it... make an effort to give up those unskillful qualities.

If no blemish is seen...

They’re happy, thinking: 'How fortunate that I’m clean!’

NotebookLM

The Joy of a Clear Mind

Meditate with rapture and joy, training day and night in skillful qualities.

Inter

Meditate with rapture and joy, training day and night in skillful qualities.

NotebookLM

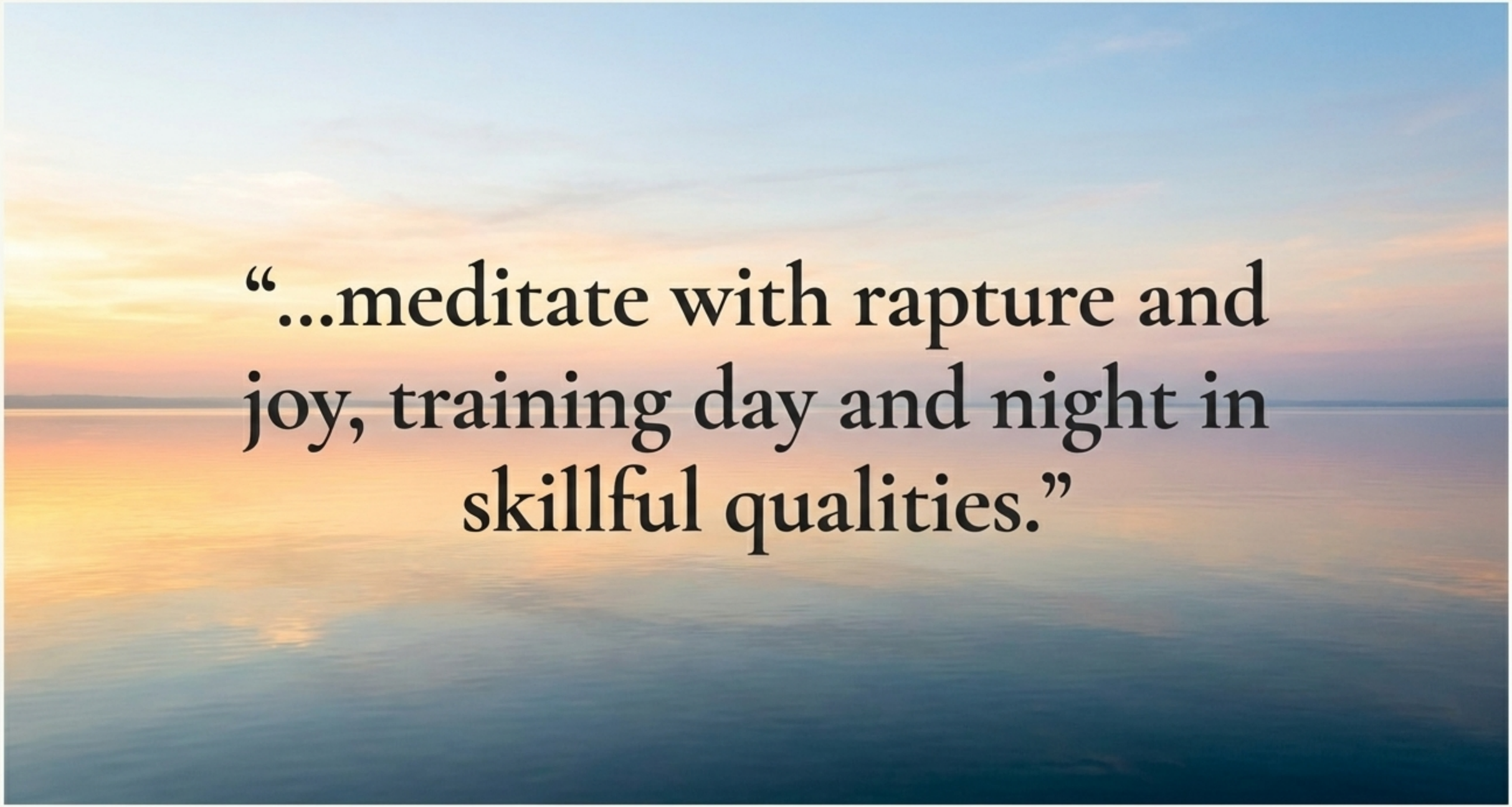
The Practice of Self-Measurement

1. **OBSERVE:** See undesirable traits in others.

2. **REFLECT:** Use this as a mirror for yourself.
("If I were like that, others wouldn't approve of me.")

3. **CHECK & ACT:**
   - If blemished, make an effort to cleanse.
   - If clear, rejoice and continue training.

NotebookLM


“...meditate with rapture and joy, training day and night in skillful qualities.”

NotebookLM